

USDA Foods Product Information Sheet

For Child Nutrition Programs



110400— Yogurt, High Protein, Blueberry, Nonfat

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a nonfat high protein yogurt that is blended style blueberry flavor. This yogurt is delivered refrigerated and is offered in cases containing twenty-four 4-ounce cups.

CREDITING/YIELD

- One case yields 24 ounce-equivalent servings of Meat/Meat Alternate.
- CN Crediting: One 4-ounce cup of yogurt credits as 1 ounce-equivalent Meat/Meat Alternate.

CULINARY TIPS AND RECIPES

- Serve yogurt as a Meat Alternate at breakfast, lunch, or afterschool snack.
- Offer frozen blueberries or granola to children to add their own toppings to the yogurt.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- Yogurt should be maintained at or below 41° F during storage and service.
- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 4 ounce cup (113 g) blueberry yogurt

Amount Per Serving

Calories 100

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 6mg

Sodium 45mg

Total Carbohydrate 16g

Dietary Fiber 0g

Sugars 13g

Protein 9g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.